



# TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE

IT STARTS IN  
**PARKS**  
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

**Monday**

**3/22/21**

**Tuesday**

**3/23/21**

Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
10:00 - 11:00	Class: <u>Toning with Weights</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&amp;R Staff</u>  This week class has been cancelled, class will resume on 3/29	Click Here: <b>Cancelled</b>	9:00 - 10:00	Class: <u>Morning Stretch</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>
6:00 - 7:15	Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>	3:30 - 4:15	Class: <u>Creative Time</u> Instructor: <u>Jessica</u> Age Group: <u>8 and under</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>

**Wednesday**

**3/24/21**

**Thursday**

**3/25/21**

Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
8:30 - 9:30	Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>	9:00 - 10:00	Class: <u>Morning Stretch</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>
10:00 - 11:00	Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>	10:00 - 11:00	Class: <u>What's your view point?</u> Instructor: <u>Marilyn</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>
6:00 - 7:15	Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>	3:30 - 4:30	Class: <u>Kids Zumba</u> Instructor: <u>Jennifer/Ileana</u> Age Group: <u>6 - 12 years old</u> Host: <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: <a href="#">Register in advance for this webinar</a>



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Friday		3/26/21		Saturday		3/27/21	
Times	CLASS INFOMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFOMATION	ZOOM LOGIN INFORMATION		
	<b>Class:</b> <u>Cardio and Strength</u> <b>Instructor:</b> <u>Vivian</u> <b>Age Group:</b> <u>Active Adults</u> <b>Host:</b> <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	<b>Click Here:</b> <a href="#">Register in advance for this webinar</a>		<b>Class:</b> <u>Yoga</u> <b>Instructor:</b> <u>Claudia</u> <b>Age Group:</b> <u>Adults and Seniors</u> <b>Host:</b> <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	<b>Click Here:</b> <a href="#">Register in advance for this webinar</a>		
8:30 - 9:30			9:00 - 10:00				
	<b>Class:</b> <u>Pilates</u> <b>Instructor:</b> <u>Claudia</u> <b>Age Group:</b> <u>Adults and Seniors</u> <b>Host:</b> <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	<b>Click Here:</b> <a href="#">Register in advance for this webinar</a>		<b>Class:</b> <u>Jazz Fusion</u> <b>Instructor:</b> <u>Charles</u> <b>Age Group:</b> <u>7 – 12 years old</u> <b>Host:</b> <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	<b>Click Here:</b> <a href="#">Register in advance for this webinar</a>		
6:00 - 7:15			3:00 - 4:00				
				<b>Class:</b> <u>Hip Hop</u> <b>Instructor:</b> <u>Charles</u> <b>Age Group:</b> <u>7 – 12 years old</u> <b>Host:</b> <u>P&amp;R Staff</u>  <u>Check for email confirmation containing info about joining the meeting</u>	<b>Click Here:</b> <a href="#">Register in advance for this webinar</a>		
			4:15 - 5:15				